Course Outline
LPAP 102: The Martial Arts of Indonesia

Spring 2020

COURSE DESCRIPTION:
Pencak Silat is the generic name of various indigenous martial art systems from Indonesia and other parts of South East Asia. 'Pencak' refers to the performance and dance aspect, while 'Silat' refers to the science of fighting and self-defense. The 'Pencak' portion will cover: conditioning, yoga, animal locomotives, breath work, and choreography with music. The 'Silat' segment will cover: self-defense, 1 on 1 drills, joint locks and empty hands vs weapons. Examples of Silat in action may be found in the following movies: *The Raid 1 & 2*, *Star Wars: The Force Awakens* and *John Wick 3*. Indonesian culture, history and philosophy will also be covered.

LEARNING OBJECTIVES:
By the end of this course students will:

- Learn Pencak Silat basic terminology.
- Learn Pencak Silat Panglipur forms and basic self-defense.
- Learn basic Pencak Silat warm-ups and conditioning exercises.
- Learn the geographical location of Indonesia and key cities and towns, like Garut. Gain understanding of what daily life is like in training towns and cities.
- Learn to count to ten in Bahasa (in the context of learning forms). Learn relative martial Bahasa terms.
- Learn how Indonesia's philosophy and history has influenced Pencak Silat.
- Learn how Pencak Silat is practiced by women and men in different generations.
- Listen to and recognize traditional Indonesian music, played during perfomances.

COURSE CONTENT
In this course, students will learn the various modalities associated with The Martial Arts of Indonesia. The classes will be divided into Lecture and Practice. Lecture will cover all non-practice or performance learning objectives listed above. This will involve 30-40% of learning. The Practice portion of class will account for approximately 70% of learning. During the Practice portion students will participate in traditional silat warm-ups and conditioning exercises, learning a traditional form, and performance of the jurus learned. The Practice portion will also involve an introduction to Panglipur traditional dance (*Ibing)* and moving to traditional Indonesian music. Students will be assessed every third and fourth week of the semester in both Lecture and Practice, respectively. This results in 4 Lecture Assessments and 4 Practice Assessments.

Evaluation Process and Grading Scale:
Participation: Active and full participation is a requirement of the course and will not be incentivized by points. Please see attendance policy for details on absences.

Self-Defense Assessments (50 points): The instructor will call out a list of techniques one by one and students will have to execute the techniques. Attitude will also be graded as students are performing their techniques. Students must execute their techniques with purpose and effort.

Retakes will be offered at students' request (time permitting).

Performance Assessments (50 points): 2 performance assessments will be taken throughout the semester. The performance assessment will assess Panglipur jurus, a particular Panglipur form that will be practiced repeatedly throughout the semester. Each will be worth 25 points.

Retakes will be offered at students' request (time permitting).

Grading Scale:
90-100: A
80-89- B
70-79-C
60-69-D
59 or below-F

Support:
- Email
- Online videos (for support in learning jurus)
- Handouts

Attendance Policy:
The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

The attendance policy for LPAP courses that meet once a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Tardiness
Should a student enter class after attendance is taken, he or she will be marked tardy. Two tardies will equal an absence.

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student caught cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and

an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor. Instructor Specifics: written work should be done in the student's own words.

ADA Policy Statement

If a student has a documented disability that will impact his or her work in the class, they are encouraged to contact the instructor to discuss specific needs. Additionally, such students will need to register with the Disability Support Services Office in the Ley Student Center.

Class Observation Guidelines:

A student may sit-out of a class in case they are really late or if they are sick or injured. Sitting out does count as a form of participation for no more than 2 classes. You will be taking notes on what we are doing. Students are not allowed to sleep or use their phone or laptop to do work for another class while sitting out. Students doing such things will be asked to leave and marked as absent for that day.

Other Notes:

Students are asked to bring water to class. Hydrating the body during a workout is necessary for optimum performance. No gum chewing for student safety. All students taking LPAPs that are located in the Rec building must have their IDs on them to get into the building.